



TORTILLA CHIPS

INGREDIENTS:

4 corn tortillas
cooking spray
salt to taste

NUTRITION FACTS PER SERVING

Calories	110
Fat	1.5g
Carbohydrates	22g
Fiber	3g
Protein	2g

DIRECTIONS:

Lightly spray tortillas with cooking spray and sprinkle with a dash of salt. Stack the tortillas and cut into 8 triangles. Separate the triangles onto 2 baking sheets. Bake for 8-10 minutes at 400 degrees. Dip in Black Bean Salsa.

Makes 32 chips.

Nutrition Tip:

These low fat, baked tortilla chips are a tasty alternative to fried store bought chips, and are much lower in calories and fat.